



Reflective Questions to Make your Parenting Intentional

Plan ahead to make sure your environment sets kids up for success.

- *How can you add order to your home life, creating a place and space for everything, so your kids can count on the consistency?*
- *Where can you add visual cues to depict what you want your kids to remember?*
- *How could you use lighting and environmental changes to create more calm in your home?*

Set Up Opportunities for Connection

- *How are you embedding purposeful connection time with each kid in your family throughout the day?*
- *Do they feel seen, understood, known, and liked? Are each of their special talents getting time to shine?*
- *How can you embed a plan for kids to be heard, even if it's indirectly? Maybe it could be journaling, or mini messages sent where they can connect to you and tell you what's on their heart.*

Provide Scaffolds, Interventional Support, & Positive Reinforcement

- *What team-level motivators could you embed into your home life with kids?*
- *How do they help each other as they work as a team to get through their day?*
- *How are you helping your kids work towards what they want?*
- *Are you giving kids treats when they really don't deserve them? Tie your treats to growth moments.*

Lean on other experts to help you build in supports for kids.

- *How could you embed a cozy, calm-down PAUSE ZONE in your home?*
- *Could you model using it yourself sometimes?*
- *Who's an expert you can call on to help you design your home-life practices?*
- *How can you add in growth mindset phrasing into your daily time with your kids?*
- *How can you ensure that all the people in their lives (sitters, grandparents, and teachers) use the same phrasing as they encourage your kids to test the limits of what they CAN DO?*